

COMMONWEALTH of VIRGINIA

Commission on Youth

Delegate William H. Fralin, Jr.
Chairman
Senator Harry B. Blevins
Vice-Chairman



Suite 269
General Assembly Building
Richmond, Virginia 23219

Preface

Section 30-174 of the *Code of Virginia* establishes the Virginia Commission on Youth and directs the Commission to "... study and provide recommendations addressing the needs of and services to the Commonwealth's youth and their families." This section also directs the Commission to "...encourage the development of uniform policies and services to youth across the Commonwealth and provide a forum for continuing review and study of such services."

The 2002 General Assembly, through Senate Joint Resolution 99, directed the Virginia Commission on Youth to coordinate the collection of empirically based information to identify the treatments recognized as effective for the treatment of children, including juvenile offenders, with mental health treatment needs, symptoms and disorders. The resulting 224-page publication entitled *Collection of Evidence-based Treatments for Children and Adolescents with Mental Health Treatment Needs* was compiled by the Commission on Youth with the assistance from an advisory group of experts pursuant to Senate Joint Resolution 99. The *Collection* was published in *House Document 9* and presented to the Governor and the 2003 General Assembly.

To ensure that this information remained current and that it reached the intended audience, the 2003 General Assembly passed Senate Joint Resolution 358, which required the Commission to update the *Collection* biennially. The resolution also required the Commission to disseminate the *Collection* via web technologies. The Secretaries of Health and Human Resources, Public Safety and Education, along with the Advisory Group, were requested to assist the Commission in updating the *Collection*, as were various state and local agencies.

The *Collection of Evidence-based Treatment Modalities for Children and Adolescents with Mental Health Treatment Needs, 3rd Edition* is the second biennial update. It summarizes current research on those mental health treatments that have been proven to be effective in treating children and adolescents. The *Collection 3rd Edition* is intended to serve a broad readership: educators, service providers, parents, caregivers, and others seeking information on evidence-based mental health treatments for youth. To facilitate access to the *Collection 3rd Edition*, this publication is available in its entirety on the Commission on Youth website (<http://coy.state.va.>).

The Commission on Youth gratefully acknowledges the contributions of its Advisory Group members, and the General Assembly's Division of Legislative Automated Systems for its assistance in preparing the *Collection's* website and print editions.

Amy M. Atkinson

January 2008

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